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IN THE CLAIMS:

1. (Currently Amended) A rolling exercise device comprising:
 - a) an upper body member comprising:
 - i) a base member having a top side, a bottom side, a front side, a back side, a left side and a right side;
 - ii) a plurality of roller elements disposed on said bottom side of said base member;
 - iii) a cushion element disposed on said top side of said base member;
 - iv) a U-shaped handle member extending in a substantially generally vertical manner from said front side of said base member;
 - v) a U-shaped handle member extending in a substantially horizontal manner from said left side of said base member; and
 - vi) a U-shaped handle member extending in a substantially horizontal manner from said left right side of said base member;
 - and
 - b) an a lower body member comprising:
 - i) a base member having a top side and a bottom side;
 - ii) a plurality of roller elements disposed on said bottom side of said base member; and
 - iii) a cushion disposed on said top side of said base member.

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2. (Original) A rolling exercise device as recited in claim 1, wherein said roller elements of said upper body member and said lower body member are wheels that are affixed to said bottom side of said base member so as to prevent the wheels from turning from side to side thereby restricting the rolling motion of said upper body member and said lower body member to be in a linear direction back and forth.

3. (Original) A rolling exercise device as recited in claim 1, wherein said base member of said upper body member further comprises:

- a) a frame;
- b) a rigid base plate supported by said frame; and
- c) means for permanently attaching said base plate to said frame.

4. (Original) A rolling exercise device as recited in claim 1, wherein said base member of said lower body member further comprises:

- a) a frame;
- b) a rigid base plate supported by said frame; and
- c) a means for permanently attaching said base plate to said frame.

5. (Original) A rolling exercise device as recited in claim 2, wherein said wheels are axially fastened to rigid plates affixed to said bottom side of said base members to assure the linear movement of said upper body member and said lower body member.

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6. (Original) A rolling exercise device as recited in claim 1, further including at least one elastomeric element extending along the length of at least one side of said base member to serve as a bumper guard.

7. (Currently Amended) A method of exercising rolling exercise device as recited in claim 1, wherein the user a person places their his or her knees on said cushion element of said a rollable lower body member and the forearms on said cushion element of said a rollable upper body element while in an all fours position, grips a generally vertically extending front handle on the upper body member with his or her hands and extends their his or her body and arms and legs to separate the two upper and lower body member as far apart as possible and then pulls the upper body member and the lower body member back to a position proximal to one another by contracting the abdominal muscles and again assuming an all fours position.

8. (Currently Amended) A method of exercising rolling exercise device as recited in claim 1, wherein the user places their the user's knees on said cushion element of said a rollable lower body member and the forearms on said cushion element of said a separate rollable upper body element while in an all fours position grips each side of a pair of handles on said upper body member with a respective of a pair of left and right hand and extends their body the user's trunk and arms and legs to separate the two said lower and upper body members as far as possible and then pulls the upper body member and the lower body member back to a position proximal to one another by contracting the user's abdominal muscles and again assuming an all fours position.